

The Science of Happiness

The Science of Happiness



10 Principles for
Manifesting
Your Divine
Nature

RYUHO OKAWA

[The Science of Happiness 下载链接1](#)

著者: Braun, Stephen

出版者: John Wiley & Sons Inc

出版时间: 2000-2

装帧: HRD

isbn: 9780471243779

How should we define happiness? How happy are we supposed to be? Or can we be? Does each of us have a genetically determined "normal" level of happiness? Will a new breed of drugs allow us to fine-tune our moods so that we are happy most of the time? If so, are there any dangers to this kind of long-term mood alteration? Fascinating research in a range of fields is providing provocative answers to these and many more questions about what makes us happy and how we can control our moods. We are in the midst of a revolution in the understanding of how our brains work and the neural circuitry of our moods and general temperament. At the same time, we have entered a bold new age of pharmacology—the science of drugs—which is allowing drug-makers to craft molecules that are exquisitely tailored to produce desired mood-altering effects. In a lively and stimulating narrative, acclaimed science writer Stephen Braun takes readers to the frontlines of discovery in these areas and explores how this "brave new world" of mood manipulation will impact our lives. Based on extensive interviews with scientists at the forefront of research, as well as the compelling stories of many individuals and their personal experiences, *The Science of Happiness* presents an accessible, engaging, and balanced account of what we need to know as we enter this new era. Braun introduces us to the scientists and companies who are racing to create the next generation of Prozac-like drugs, exploring the controversy surrounding so-called "designer drugs" and why such drugs are likely to be even more widely used. He presents the idea of the happiness "set point"—the average level of happiness around which our daily mood fluctuates—and the respective roles played by our genes, our upbringing, and our daily life choices and experiences in determining our happiness profile. Introducing the provocative new field of Darwinian psychology, he explains why depression and anxiety can at times be necessary evils, providing important incentives for us to make changes in our lives that will improve our Darwinian fitness. Braun also offers a stimulating and insightful consideration of how the alteration of our moods affects the "self" inside us. When we alter the mechanics of our moods, do we also fundamentally change ourselves? Or can we find a way to tailor our emotional lives while retaining what we consider to be the essence of who we are? *The Science of Happiness* is an important and thoroughly engaging exploration of one of the most pressing issues facing society. "Entertaining and Thorough."—*Philadelphia Enquirer* "Braun has a knack for interpreting the findings of medical researchers and applying them to daily life."—*Library Journal* "Braun manages to take abstract concepts and mold them into something highly readable. Science novices should find this book as enjoyable and well-written as those who have spent their lives working with biology or chemistry."—*Publishers Weekly*

作者介绍:

目录:

[The Science of Happiness 下载链接1](#)

标签

科学

心理学

心理

评论

[The Science of Happiness_ 下载链接1](#)

书评

这本书是讲述快乐的化学原理的。
人类的冲动(emotion)和感受(feeling)怎样被几种激素所控制. 总得来说,
就是人类是一种被设计成贪得无厌, 又很贱的生物. 有一个柯立芝总统的八卦是这样的.
(TBC) All in all, 这是本很好看的 *科技书籍*, 与大众心目中的心理/励志书籍不是一...

[The Science of Happiness_ 下载链接1](#)